



Monthly Themes & Learning Outcomes

The Wellness Project is a content-rich student planner that focuses on students' mental health and well-being. It's packed with information, strategies, and tools that promote mental wellness, in order to give students easy access to the resources they need to come to school focused and ready to learn.

The chart provides an overview of the planner's themes and learning outcomes to assist you in your planning process.

MONTH	THEME	LEARNING OUTCOME
AUG.	Mental Wellness	<ul style="list-style-type: none">• Introduction to The Wellness Project• Explore mental wellness as a life-long journey• Explore the definition of mental wellness
SEP.	Growth Mindset	<ul style="list-style-type: none">• Consider the importance of a growth mindset and the impact on mental wellness• Explore the differences between fixed and growth mindsets• Consider ways thought patterns influence mental well-being
OCT.	Gratitude	<ul style="list-style-type: none">• Consider the role gratitude plays in mental wellness• Explore ways to incorporate mindfulness into daily practices
NOV.	Resilience	<ul style="list-style-type: none">• Explore strategies and techniques that help develop resilience• Consider the impact resiliency has on mental well-being• Examine ways to reframe mistakes as opportunities
DEC.	Feelings/ Emotions	<ul style="list-style-type: none">• Consider the way feelings/emotions impact thoughts, actions, and attitudes• Explore what feelings look and feel like• Examine the complexities of emotions and consider self-regulation strategies
JAN.	Worry/ Anxiety	<ul style="list-style-type: none">• Explore the role worry and anxiety play in students' lives• Examine ways worry/anxiety can manifest physically• Learn strategies to help manage worrisome or anxious feelings
FEB.	Friendships/ Relationships	<ul style="list-style-type: none">• Examine the role healthy relationships play in overall mental well-being• Explore ways to be a good friend and make good friend choices• Consider conflict-resolution strategies and characteristics of healthy/unhealthy relationships
MAR.	Physical Health	<ul style="list-style-type: none">• Consider the connection between physical and mental health• Explore the impact diet and exercise can have on mental wellness• Learn strategies to incorporate fitness and nutrition into daily life
APR.	Communication	<ul style="list-style-type: none">• Focus on the role feedback, criticism, and compliments play in mental wellness• Explore ways to give constructive criticism, as well as take and apply feedback
MAY	Asking for Help	<ul style="list-style-type: none">• Examine the importance of asking for help when it's needed• Consider when to get help and why, as well as the people or resources to access to get help
JUN.	Technology/ Social Media	<ul style="list-style-type: none">• Consider how music, television, video games, and social media impact mental wellness• Explore ways to stay safe online• Examine the impact messages and images have on mental wellness
JUL.	Self-Confidence	<ul style="list-style-type: none">• Examine the role self-confidence plays in mental wellness• Explore ways to strengthen self-confidence

